

The Signature

Sigonella, Sicily

Vol. 20 No. 38

Sept. 26, 2003

Base housing phone rates increase

Article courtesy Base Level Communications Office.

To all housing residents in 205 housing, Marinai, Mineo and Barracks customers:

Residential (B-1 Government housing) phone rates will increase to \$34.68 per month on Oct. 1. The non-residential (B-2 Non Profit or Profit generating organizations) rate will increase to \$69.36 a month.

Please refer to this URL: http://www.dod.mil/comptroller/rates/fy2004/2004_m.pdf. This is not a locally generated rate increase. It is European wide. You will not see any change in service as we implement this change and roll to the new Europe Theater standard telephone switches.

The Base Level Communications Office (BCO) regrets this increase, and hope to continue service to the large customer base we serve.

The BCO (Bldg 435) now has a drop box! The drop box is located right next to the cashier window where you currently pay your phone bill.

This drop box will be checked Monday through Friday at 8 a.m. and 3:45 a.m. Payments received at the 3:45 p.m. pickup will be processed and a receipt sent via MPS mail.

Ensure that only checks or money orders are put in the drop box, no cash. Checks will be written out to Director Information Technology Department NCTS Sicily. The check should include your PRD, Command, phone number (home and work) and social security number of sponsor. A receipt will be sent via MPS within three days.

Your option of MPS mail in payment still exists. Enclose your check or Money order along with the bill and address to:

Director Information Technology Department NCTS Sicily
PSC 812 Box 3290
FPO AE
09627-5000

Receipts will be processed through MPS within three days of receipt to the BCO.

NEPMU-7 Keeps 6th Fleet Good to Go

By Lt. j.g. John Ferrari
Staff Writer

Need a de-rat cert for your ship? How about a consult on plans for your upcoming exercise? Or a workplace health assessment? NAS Sigonella's Navy Environmental and Preventive Medicine Unit Seven (NEPMU-7) is here to help.

With some 30 officers and enlisted personnel, NEPMU-7 is responsible for the prevention and assessment of disease and non-combat injuries (DNCI) throughout Europe and Africa. The men and women of NEPMU-7 take their jobs very seriously. Force health readiness "has shaped history," says Cmdr. Chris Claggett, NEPMU-7's threat NEPMU-7, page 13



A Sailor, an advanced medical laboratory technician for NEPMU 7, pipettes solutions for use aboard the ruggedized advanced pathogenic identification device (RAPID, seen below). The RAPID is used to identify biological agents in under 30 minutes.

PHOTO BY JOSH STEVE WEAVER

Exercise tests Sigonella's readiness

By JOSH STEVE WEAVER
Staff Writer

A terrorist's bomb went off during a basketball game in the NAS I fitness center of Naval Air Station Sigonella on Sept. 17, releasing a chemical agent.

Don't worry, this was a simulated incident meant to prepare Sigonella's emergency responders for a real Weapons of Mass Destruction (WMD) incident, should one occur.

The exercise was performed as part of the Chemical, Biological, Radiological Emergency First Responder Project (CBREFR) and was conducted by the U.S. Army Soldier and Biological Chemical Command (SBCCOM) under the oversight management of the Naval Surface Warfare Center.

Volunteers from all over NASSIG poured out of the Fitness Center after the simulated bomb went off. Each "victim" had different injuries resulting from the blast and release of the chemical agent. First on the scene were members of Sigonella's Bike Patrol Unit. They assessed the scene and then called in for help.

Sigonella's first responders then went into action. Fire and emergency services, security, hospital personnel, explosive-ordnance personnel, disaster preparedness and many others set up equipment to deal with the situation. Fire department personnel brought out their hoses to give victims an initial decontamination spray-down. Each of the 38 victims was assessed as to the severity of their injuries, and were treated by medical personnel. Some were sent through a mass-decontamination tent on stretchers.

Security personnel made sure these victims didn't run off to Exercise, page 13



PHOTO BY JOSH STEVE WEAVER

A Sailor gets a decontamination spray-down from a member of Naval Air Station Sigonella's Crash, Fire and Rescue unit during a simulated Weapons of Mass Destruction (WMD) terrorist incident in the NEX parking lot on NAS I. He along with other volunteers from several NAS Sigonella departments, acted as victims with various injuries stemming from the simulated release of a chemical agent by terrorists.

Hopeful Sailors take third-class exam

By JO2 (SW) Sarah Bohannon
Staff Writer

They came from across Sigonella. Each left his work center with anticipation, nerves and preparation in tow to make the trek to the NAS II Fitness Center. There, with number two pencil in hand and a sheet of scratch paper ready, each awaited the command. "Open your test booklets. Begin."

Approximately 360 Seamen, Airmen and Firemen took the third class petty officer's exam at NAS Sigonella Sept. 18th.

"A future MCPON may be sitting in this very room," said HMC (FMF) Filip Carroll, exam proctor. Advancement is the common goal, but according to Carroll, the chances for promotion vary according to the rate of the exam taker.

"The chances for advancement are as varied as the diversity of the rates taking the test," he said.

Some leaders awoke early and arrived at the gym for multiple reasons. "My responsibilities here are twofold," said ATC(AW) Russ Hilbert, exam proctor. "I'm here to monitor the process and to show support for the troops," he said.

"We wish all of our personnel luck, and that really has a positive influence on their performance," he explained. "We show them that we care and it means something to them."

Monitoring the exam is important because all test takers deserve an equal opportunity to perform well. "Basically, we're making sure everything is on an even keel, we're making sure the test conditions are equal for all participants," said Hilbert. "People are inherently honest, we're just making sure they stay the course," he said.

After the exam, potential petty officers shared their reaction to the test. "I was kind of nervous and excited," said CN Jonathan Holz from the Public Works Dept. "I want to make it. I just hope I studied enough," he said.

Proper preparation and confidence seem to be the keys to conquering pre-exam nervousness.

"It was my first one," said AMAN Matt Odonnell from HC-4. "I studied a lot. I feel pretty confident," he said. "I'm very happy. I was nervous, but I think I studied the right things," he explained.

Said ABHAN John Krannitz, "I feel pretty confident. I studied for three months."

"It's important to go in confident," said AOAN Charlie Mahone from Weapons Dept.

Though both levels of preparation and levels



PHOTO BY PHIL JAMES WEST

Sailors relax at the Sigonella NAS II gymnasium before taking the E-4 advancement exam. The exam was taken by over 300 hundred sailors hoping to progress in their rates.

Test, page 12

Today's Hometown Weather

Elwell, Mich.



High 65° F - Low 45° F

Few Showers



Direct Line

Capt. T.L. Davison
NASSIG
Commanding Officer

The Stephen Decatur High School Jaguars displayed a lot of pride, confidence, and ability in last week's football game against Rota. The Jaguars won 52-14! Most of all, the Jaguars displayed teamwork.

Teamwork is displayed in a wide variety of ways on NAS Sigonella. I can see it when men and women, both officer and enlisted, work hard together to meet a common goal. I can see it early in the morning when departments are conducting their physical fitness training for the October testing period. I can see it when people get together and hold car washes and other fundraisers for the upcoming Navy Ball. Last week, I saw it when neighbors were helping neighbors move furniture out of their flooding housing units in Mineo. I definitely saw it when the Sigonellan Chiefs welcomed their new khakis.

Former Notre Dame football coach Lou Holtz said, "All winning teams are goal-oriented. Teams like these win consistently because everyone connected with them concentrates on specific objectives. They go about their business with blinders on; nothing will distract them from achieving their aims."

During OPERATION IRAQI FREEDOM, Sigonella's support was a tremendous contribution to Sixth Fleet operations and NATO forces in the Mediterranean. At Augusta Bay, 98 ships pulled into port in a four-month timeframe, with over 11,000 tons of cargo handled at the port. To put that in perspective, on average, 155 ships pull into port a year and the port typically handles on average over 7,600 tons of cargo. At the Naval Air Station from January to April, over 12,000 aircraft used the flightline, as well as over 29,000 passengers. The weapons department handled 1,905,000 tons of ordnance. Public Work supported 17 transient units with over 17,000 sq. feet of office space. The Fleet Mail Center processed 3.9 million pounds of mail.

The Navy is investing over \$675 million in the Sigonella Improvement Initiative. When the construction is complete, we'll see 80 percent of NAS I and 67 percent of NAS II rebuilt along with 1,115 Family Housing Units consolidated into terrific neighborhoods. This kind of investment goes to show you the strategic importance of Sigonella and the value that we place on quality of life for our Sailors and their families.

I appreciate everyone's hard work, dedication and TEAMWORK! Teamwork is at work here at NASSIG!

The Pulse

Fever in Children

Courtesy USNH Sigonella Public Affairs

Anyone who has children knows that with childhood comes fever. Fever is the body's natural defense against bacteria and viruses and turns on the body's immune system. It is a symptom, not a disease. Fever is actually a good thing. Your child has a fever if:

- Rectal temperature is over 101 F (38.4 C)
- Oral temperature is over 101 F (38.4 C)
- Rectal temperature in infant less than 2 months over 100.4 F (38.0 C)

It is important to actually take the child's temperature. Parents often present to the hospital stating their child has a fever but when questioned state they didn't actually take the temperature but the child "felt warm". Many things can cause a child to feel warm including exercise, play, warm

weather or excessive clothing.

Most fevers with a viral illness range from 101 F to 104 F and last for 3-4 days. In general, how high the temperature gets does not relate to the seriousness of the illness. How sick your child acts is what counts. Fever causes no permanent harm until it reaches 107 F (41.7 C). Fortunately, the brain's thermostat keeps untreated fevers below this level. In viral illness there is no "quick fix" medication. The virus simply needs to run its course over several days as the body's immune system fights the illness.

Parents and caregivers often worry that a child will have a seizure related to the fever (febrile seizure). These seizures are not caused by the fever itself but rather by the rapid rise, or conversely, the rapid descent of the fever. For example, a child could potentially have a seizure if the temperature were to quickly rise to 102 F when it was only 97 F 20 minutes earlier.

It is also important to realize that children with a fever less than 3 days do not necessarily need to be evaluated by their primary care provider. The exception to this is an infant less than four months old. The primary care provider should evaluate all fevers in children under four months old.

For children older than four months of age, if the child is behaving as usual with drinking fluids, going to the bathroom (voiding) at least six times per day and there are no other unusual symptoms, you can keep the child at home and treat with over-the-counter medications. Children's acetaminophen (Tylenol) or ibuprofen (Children's Motrin) can be used for children 6 months of age and older. Remember that fever is a good thing and the medication is to treat the discomfort that often comes with a fever, not the fever itself. For correct medication dosages and times consult your pharmacy or primary care provider.

Proclamation: National Hispanic Heritage Month

America's Diversity Has Always Been a Great Strength of Our Nation. As we celebrate National Hispanic Heritage Month, we recognize and applaud the extraordinary accomplishments of Hispanic Americans.

From America's beginning, Hispanic Americans have served as leaders in business, government, law, science, athletics, the arts, and many other fields. In 1822, Joseph Marion Hernandez became the first Hispanic to serve as a member of the United States Congress, representing the newly established territory of Florida. Businessman Roberto Goizueta, a refugee from Cuba who rose to become the CEO of one of America's largest corporations, is an inspiring example of what immigrants to America can achieve through hard work and character. Presidential Medal of Freedom recipient Roberto Clemente's athletic skills, generosity, and charity made him a legend and one of the baseball field. Through

memorable recordings and performances, singer Celia Cruz celebrated her heritage and helped introduce salsa music to the United States.

Hispanic Americans have sacrificed in defense of this Nation's freedom, serving in every major American conflict. More than three dozen Hispanic Americans have earned the Medal of Honor. Today, more than 125,000 Hispanic Americans serve in the Armed Forces, approximately 9 percent of our active-duty military. As we work to advance peace, freedom, and opportunity abroad, we are grateful to all of the brave men and women who serve our Nation, and to their families.

During Hispanic Heritage Month, I join with all Americans in recognizing the many contributions of Hispanic Americans to the United States, and in celebrating Hispanic heritage and culture. To honor the achievements of Hispanic Americans, the Congress, by Public Law 100-402 as

amended, has authorized and requested the President to issue annually a proclamation designating September 15 through October 15, as "National Hispanic Heritage Month."

Now, therefore, I, George W. Bush, President of the United States of America, do hereby proclaim September 15 through October 15, 2003, as National Hispanic Heritage Month. I call upon public officials, educators, librarians, and all the people of the United States to observe this month with appropriate ceremonies, activities, and programs.

In witness whereof, I have hereunto set my hand this seventeenth day of September, in the year of our Lord two thousand three, and of the Independence of the United States of America the two hundred and twenty-eighth.

Signed George W. Bush
President

Life insurance: When a child is a beneficiary

By Lt. Scott Simpson
JAGC, USNR

What happens with life insurance money when a person dies and has named their minor child the beneficiary? Well, it depends. Every life insurance company is different, but generally it works like this. The life insurance company has a duty to give that money to the person you have selected as the beneficiary. Because the minor doesn't have the legal ability to take that money, the insurance company will hold it for them until they turn 18. So what's the big problem? Well, there are two big problems.

First, if your spouse wants to get access to that money (and they may have a good reason to do so—like buying a house) they have to go to court and be named the guardian of the property. This can be costly and complicated. Many people are surprised to learn that a life insurance company will not just give the money directly to the parent of the child. But if you name your child as the beneficiary then the life insurance company now has a duty to your child and not your spouse. So the only way they are going to turn that money over to anyone other than the child is if a court tells them it is okay to do so.

But maybe you don't want anyone to touch that money, and you want it all to

be there for the child when they turn 18. That's great, but you have to ask yourself this question: how will the life insurance company hold the money? Will they lock it away in a box? Will they put it into a nice and secure, but low interest earning, savings account? Or will they invest it in a more aggressive, but higher risk, mutual fund. The answer to the above question may vary from insurance company to insurance company, and possibly even from policy to policy.

So at a minimum, you should contact your insurance company and see what they will do with that money. And if you don't like their answer you can take a proactive approach and fix the situation by creating a Contingent Trust for Minors, or as it's more commonly referred to—a Child's Trust.

The trust can be created within your will. You basically insert a couple of paragraphs that define the assets of the trust, name the trustee and beneficiary, and set out the parameters that the trustee must follow.

The other requirement is to fund the trust. When you create a trust it's sort of like building a wooden treasure chest and writing the instructions on how to distribute the treasure. Now you also have to put some treasure inside the box—or you

just have an empty box! In this case, the treasure will come from the life insurance policy.

On the life insurance application where you would normally write the name of a specific person as the beneficiary, you would instead write something like the following: "Pay all proceeds in trust to the trustee of the trust for the benefit of my children set up in my will."

The advantage of doing this is that you are in total control. If you want the money invested in a special way then you say so in the trust. If you want the money paid out at certain times or spent in a particular manner then you say so in the trust.

Another beneficial reason for creating the Child's Trust is that it prevents a third party from getting their hands on your child's money.

If the money is left directly to a child in the life insurance policy, anyone, can petition the court to become the guardian of the property. For example, if you are divorced, your ex-spouse could try to get access to that money. If you want to ensure that doesn't happen, then you definitely want to create a Child's Trust!

If you have questions concerning this topic or any legal matter, you can schedule an appointment at the Naval Legal Service Office at 624-5258.

The Measure of Greatness

By Chaplain
Timothy
Moore
Command
Chaplain

Last summer my brother was introduced to a large number of men and women who worked with him in a Christian Scouting Program within our church. He addressed the crowd and welcomed me. In his remarks, he stated that he felt like everyone already knew that I was a Navy Chaplain due to the fact that my family often relates how proud they are of me in my career. David, my brother, humorously put it all in perspective when he said "you all just don't understand how proud we are of Tim, we have known him all of his life and we didn't think he'd amount to anything..."

We just pinned 25 great Chief Petty Officers in the United States Navy from NAS Sigonella. These Sailors worked very hard to get to this milestone in their lives. I can think of at least that many other First Class Petty Officers that could have stood with those proud men and women on Sept. 16—but it is not yet their time. Some of the CPO's families may have thought that they would not amount to anything—but they did! They are part of the leadership of one of the

greatest military organizations in the history of our time.

We look at those around us and we measure greatness by the color of their uniform or the collar devices they wear. Maybe we measure greatness by the amount of money they have or the position they hold or even the car they drive. We put our own stamp of approval upon the people we meet by exterior indicators that really have little to do with their real measure of greatness. Christ said something about greatness to his disciples once when they were arguing about who was higher up the chain of command. He said, "If any man desire to be first, the same shall be last of all, and servant of all." (Mark 9:35 KJV). Essentially, the world's greatest teacher was telling them, and us, that we need to change our way of thinking. If we want to discover true greatness, we must become a servant to all.

Those new CPO's know something of this "servant attitude". On Aug. 30 and Sept. 1 they took time out from their schedules and painted a soup kitchen in Catania. There was no big celebration of the event—no ribbons or cheering. These Sailors did something very natural, helping others. Last week's Chaplain column ended with, "for any generation to be great, it must be willing to serve a cause bigger than itself." This is the true measure of greatness, even if brothers or others don't think you will amount to much—greatness is in giving of yourself to others.

NAS Sigonella Worship Opportunities

Catholic Mass
Saturday 5 p.m. Chapel (NAS II)
Sunday 9 a.m. Chapel (NAS I)
Sunday 9 a.m. in Italian 41st
Stormo Chapel (NAS II)
Sunday 11 a.m. Community Center (Mineo)

Protestant Traditional Worship
Sunday 9 a.m. Chapel (NAS II)

Protestant Worship
Sunday 9 a.m. Community Center (Mineo)
Sunday 11 a.m. Chapel (NAS I)

Church of Jesus Christ of Latter Day Saints
Sunday 1 p.m. Chapel (NAS I)

Church of Christ
Sunday 3:30 p.m. Chapel (NAS I)

Jewish Shabbat Service
Last Friday of the month 5 p.m.
Chapel (NAS I)

Weekdays
Daily Catholic Mass 11:30 a.m.
(NAS I & II Chapels)
Wednesday Protestant Bible Study
4:45 p.m. (NAS II Chapel)
For more details, call 624-4295 or 624-2947.



CRIME STOPPER'S HOTLINE

624-6389

Sept. 15 - Sept. 21

The following incidents were reported and categorized as follows:

- Traffic accidents without injuries - 8
- Traffic accident with injuries - 3
- Car break-ins - 1
- DUI - 0
- DUI's 2003 - 37
- DUI's 2002 - 35

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NAVY NEWS

Carl Vinson carrier strike group returns home

From Director of Naval Reserve Public Affairs

SAN DIEGO (NNS) — The USS Carl Vinson (CVN 70) Carrier Strike Group (CSG) returned home to the United States Sept. 15, following an eight-month deployment to the western Pacific.

More than 6,400 Sailors assigned to the supercarrier, her air wing, escort ships and staffs were greeted with a hero's welcome, having maintained America's commitment to peace, stability and theater security in the region throughout the strike group's extended deployment.

Aircrew from Carrier Air Wing (CVW) 9 squadrons made the first of many homecomings, as they conducted a "flyoff" of more than 70 aircraft from the aircraft carrier Sept. 14. Sept. 15, Carl Vinson pulled into San Diego Bay and moored at Naval Air Station North Island, Calif., to offload the remaining air wing personnel and equipment.

Carl Vinson will return to her homeport at Naval Station Bremerton, Wash., Sept. 19.

The Carl Vinson Carrier Strike Group (CSG) departed Southern California waters in mid-January and headed for training in the

Hawaiian operating areas. Feb. 7. While operating off the coast of Hawaii, the strike group was ordered to the western Pacific to backfill the USS Kitty Hawk (CV 63) Battle Group, which was deployed to the U.S. Central Command area of responsibility in support of Operation Iraqi Freedom (OIF).

Carl Vinson and her strike group met U.S. commitments in the Pacific Rim from as far north as the Korean Peninsula, to as far south as the Australian continent. Meanwhile, the Kitty Hawk Carrier Strike Group supported operations in the Middle East, returned to her homeport (Yokosuka, Japan), and underwent a scheduled maintenance period.

"The primary mission of this deployment was to maintain presence in the western Pacific," said Capt. Rick Wren, commanding officer of Carl Vinson. "That mission of presence, of course, demonstrated to all of our friends and allies our support for their livelihood. Our presence stabilized the region and reinforced our commitment to the welfare of the peoples of the nations across the western Pacific."

During the deployment, which covered 60,000 nautical miles — equivalent to two

trips around the world — the Carl Vinson CSG flew more than 10,000 sorties, offered indirect strike-planning support for OIF, and participated in several international naval exercises, including Foal Eagle, Tandem Thrust and Ulchi Focus Lens.

"By our theater security commitment, by our visits to various nations, and by our participation in multinational exercises, we have been a very visible reminder to nations throughout the world that we have been ready, and are ready, to assist at maintaining peace and security wherever required," said Rear Adm. Marty Chanik, Commander of Carrier Group 3 and the Carl Vinson CSG.

Unique among western Pacific cruises since the Gulf War, which have concentrated on the Middle East, the Vinson Strike Group's deployment reflects the classic Far East cruise of years past.

"Similar to a Med deployment 15-20 years ago, this cruise has been a tremendous blend of opera-



A Sailor directs an F/A 18 Hornet on to one of four catapults on the aircraft carrier USS Carl Vinson.

PHOTO BY PHILIP CHIRMAN/AMERICA

Improved Cash Access

To improve access to check cashing and foreign currency exchange, PSD Sigonella is implementing the following changes based on the need for reliable cash access services for the NAS Sigonella community.

Cash Cages

Cash Cage hours of operation are Monday through Friday 7:30 a.m. to 4:30 p.m. Except holidays.

Point of contact for questions regarding cash cages or cambios is LT Ariaga, OIC, PSD Sigonella. He can be reached at DSN 624-5584.

CAMBIOS

The CAMBIO at NAS I will be replaced by an Italian ATM. The machines will be more reliable and ensure 24-hour access to Euros.

CAMBIO services at NAS I and NAS II will be terminated on Sept. 30.

The Point of Contact for all Italian Banking issues is the NAS Sigonella Comptroller/Banking Liaison Officer.

Other Currency Exchange Options

NEX — NAS I Monday thru Saturday 10 a.m. to 7 p.m. and Sunday 10 p.m. to 6 p.m.

Banca Monte Dei Paschi di Siena — NAS I and NAS II, Monday thru Friday 8:35 a.m. to 12:55 p.m. and 2:05 p.m. to 4:15 p.m. (maximum euro exchange per day is 1,000).

U.S. Military Doctors Heal in Morocco



PHOTO BY JACOB SIVAN/NAVY RESEA

Cmdr. Deborah Williams listens to the heart of an elderly Moroccan man during the first day of MEDCAP/DENCAP.

By Lt. Corey Barker, MEDFLAG 2003 Public Affairs

ER-RACHIDIA, Morocco (NNS) — From tumor biopsies to neurosurgery, medical personnel from U.S. Naval Station Rota, Spain, Ohio Air National Guard and other medical commands in Europe and the United States have been performing up to 15 complex surgeries a day at the Ali Cherif Moulay Hospital in Er Rachidia, Morocco, since the annual MEDFLAG exercise began Sept. 6.

The medical personnel working at the regional hospital are part of MEDFLAG 2003, a joint humanitarian relief operation and medical training exercise conducted with the Moroccan military, as well as medical personnel from Zambia, Gabon, Belgium and Tanzania. Approximately 100 U.S. medical personnel are conducting medical training and providing humanitarian relief and medical outreach, called Medical Civic Action Programs (MEDCAPS), to outlying communities surrounding the desert city of Er Rachidia.

Seven MEDCAPS will be conducted during MEDFLAG 2003, which is scheduled to end Sept. 19.

Navy doctor explained that many of the cases seen at the regional hospital in Er Rachidia are referred there from the MEDCAPS set up in the villages. "Most of the patients are first triaged at the MEDCAP medical facility, but unfortunately, their conditions are quite serious and are not able to get the level of care they require from a mobile treatment center," explained Lt. Cmdr. Karen Kopman from U.S. Naval Hospital Rota, Spain.

Lt. Col. Harry Reynolds, an Ohio Air National Guard surgeon, said that the groups of up to 10 medical personnel working at the hospital are conducting a wide range of surgi-

cal procedures, from removing parasitic cysts and gall bladders to more complex surgeries, like removing tumors in the thyroid glands to neurosurgery.

"Just this morning, we performed a hernia repair, hemorrhoid extraction and removed a lung tumor to be biopsied," said Reynolds, a recognized professional in his field, excelling as a prominent surgeon at University Hospitals of Ohio in Cleveland.

"The patients are very appreciative that we are here in Morocco to help," he said. "There is a great need for this type of medical support, and we are glad to be working alongside the Moroccan surgeons."

According to Kopman, "Things are very different here in the way we do surgery. We are learning the way they do business, and we are showing them the ways we do business."

The U.S. Navy uses some of most advanced medical techniques and equipment in the world. The U.S. personnel working with the Moroccan doctors were more than eager to share their experience and knowledge, and the Moroccan personnel were more than eager to learn new exciting procedures.

As part of the U.S. commitment to providing top-level medical support during MEDFLAG, medical and surgical equipment was donated to the Ali Cherif Moulay Hospital. Some of the equipment was provided by Fleet Hospital 8, which was a tent hospital located in Rota, Spain, and the hospital ship USNS Comfort (T-AH 20). Both Fleet Hospital 8 and Comfort treated wounded U.S. personnel in the early stages of Operations Iraqi Freedom and Enduring Freedom.

OPNAV Naval Reserve Support Realigned

From Director of Naval Reserve Public Affairs

WASHINGTON (NNS) — Naval Reserve support to the staff of Chief of Naval Operations (OPNAV) will be realigned under six Naval Reserve units beginning Oct. 1.

Formerly consisting of 19 units and a handful of unique billets, the new OPNAV Naval Reserve (NR) organization will consist of six functional units, focused on the Chief of Naval Operation's warfighting priorities, as outlined in Sea

Power 21.

The new units will each be assigned to a single digit code, i.e., N2, N4, etc., and will report to OPNAV warfare sponsors, a major change from their past affiliation with resource sponsors. This change will allow Reserve units the flexibility to not only support the mission of their assigned N-code, but also allow seamless transition of personnel skills across code lines to support OPNAV Core business needs.

"This re-alignment allows the talent resident in the

units to be more easily inventoried and applied towards OPNAV's core business priorities," said Capt. Betsy Fitzgerald, director of Manpower, Personnel, Training and Mobilization Policy on the staff of the Director, Naval Reserve.

A new post-command Director, Naval Reserve Support (DNRS) position will also be created. The DNRS will be the primary liaison between the Director, Navy Staff and the six unit commanding officers (COs), and will be responsible for

prioritizing and assigning projects to the Reservists assigned.

"These changes are based on a 10-month assessment made by a transition team of Full Time Staff and Selected Reserve COs. The team monitored the roles and duties of Reservists assigned to OPNAV resource sponsors," Fitzgerald said.

A special national Apply Board selected COs for the six new units and the new DNRS position. In the future, these billets will be included in the normal Apply process.

Iraqis, Coalition Forces Provide Due Process to Smugglers



PHOTO BY JO2 DENNY LESTER

U.S. Navy Capt. Timothy McGee, left, and an Iraqi Judge are transported to detained vessels in Iraqi territorial waters.

By JO2 Denny Lester, Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet Public Affairs

MANAMA, Bahrain (NNS) — Last week, Commander, U.S. Naval Forces Central Command (COMUSNAVCENT), in conjunction with the Coalition Provisional Authority and Commander, Joint Task Force 7, escorted an Iraqi judge to the vessels being held in Iraqi territorial waters under suspicion of smuggling Iraqi oil.

The Al Basrah Investigating Judge visited the detained vessels to adjudicate the smuggling cases.

"I am very thankful to coalition forces for trying to help the Iraqi people re-establish the Iraqi judicial system," he said. "They are trying to support and help the Iraqi people, and to protect Iraqi ports from all the vessels that are trying to smuggle illegal fuel out of the country. I am hoping this will be fixed and will help us a lot in trying to avoid this in the future."

THE ENERGY BLOCK

"Illuminating The Future" is from a science article in Popular Mechanics by Jim Wilson that I read the other day. The first thing he stated was "Hang on to those burned out light bulbs". It is all about LEDs or light-emitting diodes. We all have seen those neat little red lights that tell you if something is off or in the stand by mode and Green for on. In fact, they can actually be any color imaginable with the new technologies that are coming out. Typically a 100-watt bulb will spend 95 of those watts to wasted heat. On the other hand according to the article, LED researchers at Sandia found that they can actually transfer that wasted heat into light. So not only by switching to LEDs reduce our nations electrical consumption by 10 percent but are extremely more durable. Lasting up to 100,000 hrs or more producing a much brighter efficient fixture.

Even with all this new technology there is still the problem of price. LEDs are expensive and for yrs to come will cost more than incandescent and fluorescent bulbs put together, but where safety is a concern like railroads, towers, airports, and traffic lights cost will be a minor concern. The auto industry will also be an early candidate for those little diodes producing, you got it, cleaner more efficient light.

So yes, hang on to those old bulbs, one day they just may be antiques.

•DID YOU KNOW: Replacing an incandescent bulb with a compact fluorescent will save the energy equivalent of 46 gallons of oil as well as one-half ton of carbon dioxide emissions over the lifetime of the bulb. Replace that with a LED and now you are using 1/3 the energy of a fluorescent.

LET'S USE, NOT ABUSE

News Briefs

CPR and First Aid Courses

There will be a first aid and CPR course from Oct. 3 to 5, from 8 a.m. to 4 p.m. To find out more information contact the Red Cross at 624-5446.

Volunteer Opportunity

Are you a person who wants to help your military community while working in a professional environment? Do you have problem solving, pattern identification and interpersonal communication skills? The Navy-Marine Corps Relief Society caseworkers work intensively to assist military families plan for the future, manage their expenses, and handle unexpected emergencies. For information on how you can attend the upcoming Casework Training and become a volunteer caseworker, give FFSC a call at 624-4212.

Religious service announcement

Members of the United Pentecostal Church, International, who may be assigned to NAS and it's tenant commands are invited to call Chaplain Moore at x4295 or Chaplain Danks at x2947. Should there be interest, the Religious Program will look into scheduling a weekly service. Call us!

AOSC

AOSC would like the organizations on base to know that we would like to donate money to some of their organizations, but they will have to send us a letter to request a donation. Then our Budget & Welfare Committee will look over the request and present them at one of our Board meetings.

Our address is: AOSC Attn: Melissa Pusateri PSC 824 NAS I General Delivery FPO, AE 09623

Passes for expectant mother

NASSIG Security Pass and I.D. will be issuing parking passes for the expecting mothers space at the NEX/DECA complex. To obtain a parking pass for that space, the expecting mother will need a letter from her doctor stating her prospective due date. The letter should be brought to our office on NAS I, located at the front gate, or to the NAS II office located just inside the gate in the Security building on the bottom floor. For any questions please contact Pass and I.D. at 624-6387 or 624-2200.



By Alberto Lunetta
Signature Staff

Italian News

Sicilian culture and lifestyle

Bronte hosts Pistachio Festival

Enjoy this annual street festival in the heart of Bronte running from Sept. 26 through 28. The *sagra* (festival) celebrates the "green gold" of Bronte, a town that boasts the title "Italian capital of pistachio." Thanks to its resistance to extreme weather conditions, pistachios are cultivated on the volcanic slopes of Etna. Bronte has the largest pistachio tillage in Sicily, as it has been cultivated in its area since the second half of the 19th century. Every year 30,000 quintals of pistachios (one per cent of the total world production) are harvested in Bronte. Festival goers browsing through the stalls can sample a variety of pistachio based dishes such as desserts, cakes, ice cream, honey, *Nutella* (hazelnut spread with a chocolate taste) patisserie and savory dishes such as pasta with *pesto* sauce (made as the usual *pesto* but replacing the basil with pistachio), *ravioli*, *salsiccia* (pork sausage) and *arancini* (breaded rice balls filled with *ragù* and cheese). The festival also features booths arts and crafts (lava stone, wood) and other local produce such as cheeses, salami and more. Yet this year, the festival celebrates the 1000th anniversary of the manufacture of paper in Sicily with an exhibition of hand made paper at the *Castello di Nelson* (Nelson's Castle), the main attraction of the area. According to historians, the Arabs first established the art of paper in the island in the middle of the 12th century. While visiting the exhibition be sure to check the castle. It is located in the neighboring town of Maniace about eight miles from Bronte. The Castle was built in the 18th century on the ruins of a medieval abbey erected on a basaltic rock by Queen Margaret of Navarra in 1173 and belonged to the famous British Admiral Horatio Nelson, the one who defeated the French at sea during the Napoleonic Wars. King of Naples Ferdinand I gave it to Nelson in 1799 as an award for the support that the British admiral gave him to put down a rebellion that broke out in Naples. According to historians, Nelson never visited the estate even though his' heirs lived in the castle until 1940 when they were forced to leave Sicily as Italy declared war to England. In 1943, after the Allied landing in Sicily, the Nelsons got back their property but later decided to sell it to Bronte's Municipality in 1981. Today, the castle's complex is a magnificent museum and a cultural center where art exhibitions and conferences are held.

The castle preserves precious curios and artworks owned by Nelson such as medals, maps, paintings, military dispatches and orders, furniture, archeological findings, clocks, settles and even a set of glasses and a bottle that the admiral used just before his death, during the Battle of Trafalgar.

The castle also houses a Norman church in which some valuable paintings and sculptures are preserved.

Among them, an 11th century Byzantine painting that depicts the Virgin Mary is undoubtedly the most precious. Before you leave the castle, stroll through its magnificent four hectare-park featuring gardens dotted with lava stone sculptures, pines, cypresses, willows, ashes, magnolias, horse chestnuts, wisteria, pergolas and rose hedges.

The *castello* is open daily except Mondays from 9 a.m. to 1 p.m. and from 3 to 7 p.m. Admission is •2,60 for adults and free for children up to 12 years old; groups pay •1,60. Adults over 65 pay •1,30.

The Sanctuary of the *Santissima Annunziata* is another highlight of the Bronte. It features a renaissance façade and houses precious marble statues by Antonio Gagini and collection of 18th century paintings.

For more information regarding the castle call at 095-690018. For the Bronte City Information Office call 095-7747238.

Couscous festival in San Vito lo Capo

An international renowned festival celebrating couscous, a traditional Mediterranean dish that all regions of the Mediterranean basin have been sharing for centuries, is annually held in San Vito Lo Capo, a beautiful coastal town, located about 25 miles from Trapani, whose amazing crystal-clear sea and pure white shores were awarded the international recognition "Blue Flag of Europe," in 2002 for high standard of water quality, excellent beach facilities, management and litter control. The festival takes place in the lively streets of city's historic center where ethnic music concerts and numerous display stands create a beautiful Mediterranean atmosphere. The fest runs through Sept. 28 and features a contest spotlighting talented and imaginative chefs from Ivory Coast, Italy, Israel, Morocco, Palestine, Senegal, Brazil and Tunisia who will compete to create the best couscous preparing it according to their countries' variations. A jury of journalists and experts in the tourism, food and wine industries will judge them. Couscous is a staple dish in North Africa's Maghreb region (Morocco, Algeria, and Tunisia) referring to the grain as well as to the finished dish. It is composed of meat and/or vegetable stew flavored with cumin and served over the cooked semolina. According to historians, the French term *couscous* stems from the Arabic word *kuskus*, which in turn evolved from another Arabic word, *kaskasa*, meaning "to pound or to make small." Couscous is traditionally steamed in a *couscoussier* or couscous pot, which consists of a double boiler. The lower part is a cooking pot while the upper part is a second pot (with a lid) that fits on top of the bottom pot. The top pot is a sieve with holes in its bottom that admit steam from the lower pot. The stew of lamb, beef or chicken, the broth and fresh vegetables cook in the bottom pot while the wheat semolina couscous is steamed on top.

Festival goers also have the chance to sample the traditional Sicilian couscous that will be prepared daily by the women and fishermen of San Vito lo Capo. This dish, of Arabic origin, is very common in the West coast of Sicily spanning from Trapani to Marsala. It is prepared with fish (prawns, groupers, amberjacks, scorpion fish and other local fish) instead of vegetables or meat. There are two Sicilian couscous variations: one with toasted almonds and chilies that is typical from San Vito Lo Capo and the other, which is prepared in the Agrigento area and is actually a sweet couscous dish, with pistachios, almonds, candied pumpkin, chocolate cinnamon and icing sugar.

Festival also features seminars, and wine, olive oil, traditional sweets (*cassatelle*, *cannoli*, *cassate* and almond desserts) tasting as well as fusion and world music concerts and shows.

Reaching San Vito lo Capo is fairly easy. Get on the Catania-Palermo highway (A19). Once you arrive in Palermo take the Palermo-Mazara del Vallo highway (A29) and exit Castellammare del Golfo.

For detailed schedule check the official festival website (also available in English): <http://www.sanvitocouscous.com/> or call the local tourist office at 0923-974300/972464.



Picture courtesy of the Press office of San Vito lo Capo Couscous Festival

If you want to sample all the variations of couscous, including the Sicilian fish couscous don't miss the international cooking contest in San Vito lo Capo, celebrating this traditional dish.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COMMUNITY CALENDAR					26 September	27 UP Concert Chorus Full concert in Catania 6 p.m. Call Angelica Garcia at 340-972-5353 / 095-522-660 for more information.
28 Agrigento & the Turkish Steps ITT Call 624-4396	29 NAS I Pool Closed	30	1 October	2 Catania History ITT Call 624-4396	3 Catania Shopping ITT Call 624-4396	4 Honey Tasting in St. Alfio ITT Call 624-4396
5 Patti Shopping & Capo D'Orlando ITT Call 624-4396	6 Torch Club Meeting 4 to 5 p.m. 205 Youth Center	7 CFC Kickoff	8 Ballet with Esther Scott five to six year olds 2:45 10 to 12 year olds 3:45 p.m. Call 624-3712	9 Ciao Sig. Kids 2 p.m. to 3:30 p.m. Comm. Bldg. ICR rm.	10 SDS Volleyball / Cross County vs Livorno Homecoming game	11 SDS Football vs. Brussels home game homecoming 2 p.m.
12 Second Annual Volleyball Tourney last day of tourney Call 624-2710	13 Columbus Day	14 Circuit Training Club every Tuesday until Nov 21 see either Fitness Center	15 National Apple Jack Month free Apple Jacks while supplies last Take 5	16 Acireale City & Shopping ITT Call 624-4396	17 Movie Day at BLAST free movie and popcorn 1 to 3 p.m.	18 Base to Base Geep Run Captain Cups event registration 7:30 to 8 a.m. NAS II fitness Center Call 624-4483
19 Lipari Express ITT Call 624-4396	20	21 Tournament Tuesday Jenga. 11:30 a.m. Take 5.	22 Italian Dine-Out Liberty. Call 624-5187.	23 Retirement Planning FFSC 2 p.m. to 3 p.m. NAS II Retention Ctr.	24 Panini Run Liberty. Call 624-5187.	25 Horseback Riding Liberty. Call 624-5187.



Word Find

NFL Teams

H B F Q N J L R S S G S I T B M P N K T S V E Z Y
T I B I X Z E T E N V J K B R U S C I R O I J I N
L G D X O D Z K S A A R N D S A X X E B C K B S H
S T X Y S A I D Z X C Q R G A X M H I Q N I W Z T
X Y L K N G C M Y E J R F Q B N T S D S O N N J E
I U I S N E V A R T L O N K L N S I C J R G R S B
J N H S D Y E G T R O E V C A N L E F A B S T L D
S H C F T S T E E L E R S P O U Z Q A G F G I X M
X L X Z F L N I W J M H X I U R U F F B X G Q M N
S A I N T S O I W T P E L G A R T D O X B V R B T
M Y J J N X G C H T X G D I X Y V J U R O Q U I K
J E T S J I A I J P M J D C Y S B X R Z H C T K W
J K I J C A P P A M L E V O W R K T S C A S K V
S L A N I D R A C N R O R W E Z Z X Y A N L D V N
S Y O B W O C H X S T Z D F A L C O N S V W J B U
B D Z S L L I B I W T S S M D U N E I V S F O H W
E L R T P J P S K N X A R K B D E E N F W C O R H
A Q U O A A R I L C G A A Q Q R Y I E U H Z S S B
G O O I S C C Y B A H R E Y S L Q I R T Q S E P M
L N P R F T Y K B E G A B E C P H S Y R P A Q A
E D T T H Y X G E M L N R J E C E L M A Y A H T F
S W E A U B T I C R U S E G F H J W U T V I A T A
L Q T P S S U I Z V S K E B L X G C M M W B B
S U N S P N E L S M S U Z C Z R A F N I A E K O V
Y I P J N D X M I N G E G Z U J S J S S G A S V J

BEARS
BENGALS
BILLS
BRONCOS
BROWNS
BUCCANEERS
CARDINALS
CHARGERS

CHIEFS
COLTS
COWBOYS
DOLPHINS
EAGLES
FALCONS
FOURTYNINERS
GIANTS

JAGUARS
JETS
LIONS
PACKERS
PANTHERS
PATRIOTS
RAIDERS
RAMS

RAVENS
REDSKINS
SAINTS
SEAHAWKS
STEELERS
TEXANS
TITANS
VIKINGS

TRIVIA

Archduke Franz Ferdinand of Austria-Hungary was assassinated in what town, sparking WWI?
After World War I, which country lost more than 90 percent of its pre-war size?
In 1920, French tennis star Suzanne Lenglen won the Wimbledon tennis tournament, but fans and the media were more excited about what during innovation of hers?
The Academy Award Winning films from 1990 & 1991 contained animals in the title. Name them.
How many cubic inches of ice cream can melt into an ice cream cone of diameter two inches and height of three inches (in other words, what's the volume of the cone)?
(Answers on page 10)

Movie Connection

AMT's Theater Schedule

Friday, Sept. 26



5:30 p.m.
American Wedding (R)



8 p.m.
Pirates of the Caribbean (PG-13)

Saturday, Sept. 27



1 p.m.
How to Deal (PG-13)



3:30 p.m.
Lara Croft Tomb Raider:
Cradle of Life (PG-13)



6 p.m.
Gigli (R)

Sunday, Sept. 28



1 p.m.
Johnny English (PG)



3:30 p.m.
LXG: League of Extraordinary
Gentlemen (PG-13)



6 p.m.
Seabiscuit (PG-13)

Monday, Sept. 29



5:30 p.m.
Gigli (R)



8 p.m.
Lara Croft Tomb Raider:
Cradle of Life (PG-13)

Theater Closed Tuesdays

Wednesday, Oct. 1



5:30 p.m.
How to Deal (PG-13)*



8 p.m.
American Wedding (R)

Thursday, Oct. 2



5:30 p.m.
LXG: League of Extraordinary
Gentlemen (PG-13)*



8 p.m.
Pirates of the Caribbean
(PG-13)

Friday, Sept. 26



5:30 p.m.
S.W.A.T. (PG-13)**



8:30 p.m.
Matchstick Men
(PG-13)**

Shout

DoDDs students talk about what's happening in the community

I see money everywhere

Have you ever wanted to help the school but could not find the time or way to do it? This is your opportunity. General Mills "Box tops for Education" and Tyson "Project A+" are here to help you. If you shop at the commissary like most of us, you will find that among the items you regularly purchased for your use are General Mills and Tyson products. Each time you collect one of the Box Tops from General Mills and Tyson the school could earn .10 cents from Box tops and .24 cents from Tyson each time!

All you have to do is cut it and sent it to the school or drop it at any of the boxes located at the Commissary or your school. You may think \$.010 cents or .24 cents does not make a difference, well I am here to tell you that it does. If each one of us at 650 (Elementary students) bring to school 10 Box Tops a month at \$0.10 cents a top the school could make \$650 a month and \$5,200 a year. If you send five Tyson labels a month it could be \$780 a month and \$6,240 a year. These dollars could bring your school new books that we desperately need, they could fund your children field trips, and it would make a difference in your child education. So no more excuses! You already buy most of these products at your friendly commissary so cut the label and sent it to school. Your child will thank you.

Volunteers are needed now!

Mentors and tutors are needed for Stephen Decatur School Students. For more information, please contact Shiloh Cooper, Mentoring Program Manager/ Special Programs Coordinator at 624-3212 or at shiloh_cooper@eu.oddedodea.edu

Thank you for supporting YOUR COMMUNITY school!

Stephen Decatur Secondary School's Information Center receives new books

The Stephen Decatur Secondary School Information Center and the entire staff of Sigonella Secondary School would like to express our deep appreciation for the contribution The Officers Wardroom organization has made to our collection.

Through the fund raising efforts of The Officers Wardroom, the Information Center has acquired 35 new fiction titles, many of them award winners and just recently published which should appeal to a wide range of ages and interests.

Among the new arrivals are such works as "Ballad of Sir Dinadin", "Silent to the Bone", "Surviving the Applewhites", and a personal favorite from the world of historical fiction: Steven Saylor's "Roman Blood", the book which launched the series of books featuring an ancient Roman private investigator named Gordianus "the Finder" Series, "Arms of Nemesis", an historical fiction series that really makes ancient Rome come alive.

Again, many thanks to The Officers Wardroom for its generosity. Your gift will benefit many students.

The Sigonella Secondary School Information Center and the entire staff would like to express our deep appreciation to the PTSA for its generosity.

Thanks to the PTSA we were able to purchase 21 new books, some of them recent award winners. Among the new titles are "Fields of Fury", by the great Civil War historian, James McPherson ("Battle Cry of Freedom"); the biography of Michael J. Fox, "Lucky Man", and the second volume of the Gordianus "the Finder" Series, "Arms of Nemesis", an historical fiction series that really makes ancient Rome come alive.

Once again, we thank you PTSA for a gift that will benefit many students for years to come.

Fri. Sept. 26

Food is good, but free food is better and tonight at 7 p.m. you can get free pizza at Jox sports bar. Then, at 8 p.m. you can sing the night away with Karaoke. Also at 8 p.m. you can enter in the eight-ball pool tournament. Winner takes all.

Sat. Sept. 27

Want to see some of the brilliant Sicilian horse carts. Take the Artist's Studio: Sicilian Horse Carts tour with ITT and learn more about the painting techniques kept alive by a few skilled artisans. This trip is not to be missed. After the studio tour, relax with lunch and wine tasting at a typical Sicilian restaurant on the foothills of Mt. Etna.

Head to the mainland! Visit the beautiful city of Scilla where two rare and stunning Greek bronze statues were discovered. Call ITT at x4396/x4777 for more information on this and other ITT tours.

Sun. Sept. 28

Spend the day admiring the Capo Bianco with ITT, known as the Turkish Steps because of its unique limestone rock formation. You'll also have the opportunity to swim in the sky-blue waters nearby. After the swim, visit the ancient valley of Agrigento, home to more than 10 ancient temples, most of which are in remarkably good condition.

Tues. Sept. 30

Ride a pony up Mt. Etna with Adventures Unlimited on this three-hour tour. Discover beautiful trails and incredible views. Don't forget your camera.

Get your grub on with the Hungry-man's buffet at Jox Sports bar tonight. While you're getting your free food you can relax with a game of darts or some billiards.

Weds. Oct. 1

Karaoke and All request night at Jox starting at 6:30 p.m. Tired of singing in the shower? Then "DJ Demon" can help. Check out our comprehensive songbook for the hottest tunes to sing along with.

Thurs. Oct. 2

Learn the fascinating history of Catania with ITT. Visit the Cathedral, Elephant Square, the fish market, and the Roman Amphitheater.

This week on...

Mon. Sep 29 - C.S.I. Miami
AFN Atlantic 9:00 PM

Tue. Sep 30 - Movie: A Perfect Murder
AFN Atlantic 8:00 PM

Wed. Oct 1 - Fear Factor
AFN Atlantic 8:00 PM

Thu. Oct 2 - Will & Grace
AFN Atlantic 7:25 PM

Fri. Oct 3 - Survivor: Pearl Islands
AFN Atlantic 8:00 PM

TUNE YOUR RADIO TO 106.0 ZFM 6 - 9 AM FOR THE VOID MORNING SHOW

FOR LATEST NEWS HAPPENING IN THE COMMUNITY GO TO AFN SIGONELLA'S WEBSITE AT afneurope.net/sigonella/

Sigonella's Stephen Decatur High School Jaguars vs. Rota's David Glasgow Farragut High School Admirals



Photo by JOSH SHERMAN

Jaguar's fullback Danny Vazquez struggles to keep hold of the football while defensive back Andre Mahone tries to tackle and strip the ball from Vazquez. The Jaguars bested the Admirals 52-14 in Saturday night high school football action at the NAS II ball field.



Photo by JOSH SHERMAN

Safety Anthony Turner knocks the ball away from an Admiral's receiver. Turner later took a fumble recovery 75 yards for a touchdown. The Jaguars take to the road this week to face the team from Menwith Hill, England.

Navy officer and son fighting for country, cure

Courtesy Juvenile Diabetes Research Foundation International.

Commander Carlos Del Toro has achieved a great deal in both his professional life—as a proud officer in the U.S. Navy—and his personal life—as a husband and father of four sons.

Del Toro was recently chosen as Commissioning Commanding Officer of an Arleigh Burke Destroyer, the USS Bulkeley. Originally from Cuba, he's the Navy's first Hispanic officer to receive such a commission. "To be a commanding officer of a ship is a great thing," he said, "but to be the first commanding officer of a new ship is a very special privilege."

While Del Toro is used to facing battles in his professional life, he was stunned when an attack hit home back in December of 1992. His oldest son, Chris, who was just 6 years old at the time, suddenly began losing weight and having unusual mood swings.

Del Toro and his wife, Betty, took Chris to the doctor, where he was immediately diagnosed with juvenile

(type 1) diabetes. "As with most families, it was a complete shock for us," Del Toro says. "We thought diabetes was an old person's disease." Thus began a whole

them under control. Del Toro immediately began looking for support and turned to the local chapter of the Juvenile Diabetes Research Foundation (JDRF) in Washington, D.C.

"I discovered that JDRF was the place to be," he said. "The chapter was stupendous in welcoming us into the family." JDRF's mission is to find a cure for diabetes and its complications through the support of research—and that's a mission the Del Toros are happy to get behind.

Now 17, Chris is happy, active, and a true inspiration to his family. "We have been really blessed with Chris," Del Toro says. "He has always been very mature in dealing with diabetes—beyond his years." But the Del Toros still long for a cure in Chris's lifetime, and hope to avoid diabetes complications like blindness, kidney failure, and amputation. They participate regularly in JDRF events to raise money for diabetes research.

"Since juvenile diabetes prevents people from being able to serve in the military, that option is no longer available to Chris," Del Toro says. "Now he hopes to become a doctor to help find a cure for diabetes." Juvenile Diabetes Research Foundation International participates in the Combined Federal Campaign (CFC) as a member of Community Health Charities federation.



new education for the family: "diabetes survival training."

The Del Toros found out that in order for Chris to stay alive, he would have to take several insulin shots a day and check his blood sugar levels regularly to keep

SPORTS

Jaguars offensive stats:

QB Keenan Jones	23 yds rushing 2 TDs	SB Dustin Sampson	8 yds rushing
5/10 passing 121 yds 3 TDs	FB Darnell Huey	16 yds rushing	
RB Anthony Turner	55 yds rushing	WR Paul Nicholson	121 yds receiving
FB Danny Vazquez	11 yds rushing	SB Jose Peralta	17 yds rushing

Jaguars defensive stats:

LB Jose Peralta	17 tackles / 4 sacks / 3 f.f. / 1 int.
LB Kelby Lamb	9 tackles 3 sacks blocked punt
DT Jade Garth	6 tackles 1 sack
S Anthony Turner	75 yd fumble return for TD
CB Danny Vazquez	22 yd fumble return for TD



Jaguars' quarterback Keenan Jones hurdles a would-be tackler and eludes the pursuit of DB Christopher Trezise during the game Saturday.

By JOSH STEVE WEAVER
Staff Writer

The Stephen Decatur High School Jaguars football team bested Rota, Spain's, David Glasgow Farragut High School Admirals Saturday with a final of 52-14.

The Jaguars started off the first half scoring first when quarterback Keenan Jones ran the ball in from the 12 yardline. The two-point conversion failed.

The Jaguars defense then got in on the scoring when cornerback Danny Vasquez pickpocketed admirals running back Mishma Slaughter, grabbing the ball, and taking it 22 yards for the touchdown. Jones ran the ball in for the two-point conversion. The score was 14-0.

The Jaguars then found out

about a guy named Mike Hall. The admirals running back rumbled and stumbled through missed tackles for the touchdown with one minute left in the first quarter. With the Admirals extra point kick, the score closed to 14-7 Jags.

The Jaguars then showed what they could do through the air, as Jones connected with wide receiver Paul Nicholson for a 52-yard touchdown pass. The extra point was no good, upping the Jags lead to 20-7.

Then it was the Admirals turn to air out the ball later in the second quarter. Admirals quarterback Dante Brucci flung a pass out to the waiting hands of wide receiver Sameria Crowder for 30 yards. The pass brought the ball to the one yardline, where Hall took over and ran it in for

the TD. The score at the end of the half was 20-14, Jaguars on top.

The second half started with a Jose Peralta kickoff, but when returner Slaughter inadvertently touched the ball, Peralta jumped on it at the Admirals 24 yardline. After a Peralta run to the 10 yardline, Jones scampered in for another score. The score remained 26-14 after the two-point conversion was no good.

After nose tackle

Lewi Rosure and line-

backer Kelby Lamb

stuffed a play in the

backfield, and a pen-

alty on the ensuing punt, the Jags

got the ball in great field position.

Running back Dustin Sampson took

the ball to the four and after a series

of penalties, Jones found Nicholson

again in the back of the endzone

with eight minutes left in the third.

Yet another two-point try for the

Jaguars was no good.

The following kickoff return

was met with "Oooooos" from the

crowd as Lamb clocked Slaughter.

The defense demonstrated their in-

tensity in the second half, blitzing

and sacking the Admirals. Peralta,

defensive tackle Julian Siapno,

Lamb, and defensive tackle Jade

Garth chewed up the Admirals line.

This intensity also lead to many,

many penalties during the second

half. The referee's pockets seemed

to be wearing out due to the flying flags.

With the defense doing their thing, the offense decided to add a few more points. After a great Sampson punt return, Jones, who seemed to have a psychic link with Nicholson, completed a 30-yard pass to the wide receiver for six. The score was 38-14 at the end of three.

The offense pardon themselves from scoring for the rest of the game as Peralta ran a punt return back 45 yards for a touch, with 9 minutes left in the game. After a 24 yard gain by Hall, defensive end Larkin Lader caused Brucci to fumble, where safety Anthony Turner picked up the ball and zoomed 75 yards for the last touchdown of the game. After the two-point conversion by Nicholson, the final score was 52-14.

The pass was featured much more in this game than the first. "We went into the game passing more because we knew that a 5-2 defense is real weak against passing," said quarterback Keenan Jones. "So we executed on passes."

The defense lacked intensity in the first half, but were motivated for the second. "The coaches gave us a pep talk," said Kelby Lamb about the halftime talk the Jaguars coaches gave. "That helped me a lot."

"In the second half, we were determined not to let them score, and we didn't," said Jones.

The Admirals were tougher competition than their last competitors. "They hit a lot harder," said Jones. "They rushed the line and made it a lot harder for me to pass."

The coaches made sure the players didn't get big heads from the blowout win the week before. "We

worked them pretty hard in practice to get them to understand that just because we had what looked to be an easy win last week, it wasn't going to be that way from there on," said Head Coach Fred Wilmot.

"They were trying to make us humble because we thought we were really good for beating the first team," Lamb Said. "They didn't want us to be all big headed about it for the second one."

The amount of penalties the Jaguars accrued was a concern for Wilmot. "I would say we got penalized close to a hundred yards with the various penalties," he said. "That's what we're going to work on mostly."

The Jaguars take to the road this week to face the team from Menwith Hill, England. "Next week we're planning on doing the same exact thing we did to the last two teams," said Jones.

"We're not going to be able to take everybody who's on the team, we can only take 22, and not all our volunteer coaches either," said Wilmot. "We'll have enough that it shouldn't be a problem. We're going game by game, but there's no reason why we can't be the champions in our division."

Wilmot also looks ahead to the homecoming game against Brussels. "That's going to be the toughest game, and I'm glad that it's coming last because we're building up to be able to take them on," he said. "They won their division last year, and they beat us pretty badly last year when we went up there, but that was a different team. We'll be ready for them when homecoming comes, and I hope we get the whole community out here for homecoming."

The Lane

Second annual Columbus Day Volleyball Tournament

Three days of heated action starting Friday Oct. 10. Cheer on Team Sigonella as they take on the rest of Europe in this six-on-six indoor, double elimination tournament. The times are not set yet so keep your eyes open for upcoming matches or call 624-2710 for information.

Base to base geep run

Oct. 18 at 8:30 a.m. Registration is from 7:30 to 8 a.m. at NAS II Fitness Center. Pre-register at either Fitness Center. Fee to enter. The distance is 7.3 miles from NAS II to NAS I. T-shirts and awards. Call x4483/x5243 for more information.

Autumn Fest fitness contests

Dates and times to be announced. Bench press competition, arm wrestling, push-up and sit-up contests. Call x4483/x5243 for more info.



Photo by JACS Carolyn A. Detting



Photo by PHIL JAMES WARR

Shopping in Lentini

The unique Sicilian town offers a plethora of sights and sounds...and merchandise

By JACS Carolyn Detting
Staff Writer

About 30 minutes southeast of Sigonella by bus, Lentini is known for its outdoor market and as the destination for those on the lookout for reasonably priced gold.

Because of its nature, this Information Tours and Travel (ITT) shopping tour provides no guide. Once you've arrived in Lentini, the bus driver points you in the right direction for the market, and you're on your own. Turns out it's a great adventure discovering the town's charms single-handed.

The market teems with hawkers shouting and even singing to attract the attention of shoppers. Either dazzled by the vast array of stalls and goods sprawling through the streets below the town plaza or stolidly going about their business, they appear to be bewildered tourists in the first case, locals not impressed by the stentorian vocalizations in the second.

A jumble of merchandise, from clothing to household goods to fresh produce, the market is colorful, noisy and crowded. Some patrons flit from stall to stall, hardly seeming to comprehend what they see; others carefully inspect individual items as they make their choices. Salted or fresh fish? Osso buco, chicken, shoes? School supplies or sun dried tomatoes? Some-

how, shoppers obviously manage to make the choices, as they depart laden with many bags.

A welcome respite from chaos, the town park soothes the senses with deep green pathways bordered by mature trees and many varieties of flowering shrubs. Lovers huddle on benches in the more secluded areas, and old men gather by the bandstand to solve the world's problems. After a stroll through Lentini's park and a few minutes admiring a pond populated with swans and a duck, the serenity of the experience is complete.

Emerging from the green haven, once more confronting the bustle, can be bewildering. That must mean ... it's time for lunch! It seems the sane thing to do, the only problem being which of the pasticceria to choose. This project could take the rest of the day, so it's wisest to pop into the first one you see, leaving time for your visit to the gold shop.

After losing your soul and your paycheck at the gold shop, it's time to scramble for the bus, begging any local gods who might be listening to direct you down the right street. Up and down the hills (is there any town in Sicily that's not built on hillsides?), looking for remembered landmarks, you arrive at the pick-up point winded but delighted. You've not only found the bus; you've had a thoroughly enjoyable day.

Photo by JACS Carolyn A. Detting



Shops line the streets of central Lentini (Above left). Beautiful, ripe red tomatoes beg to be chosen as a hand reaches in to select some for purchase. The site is the Lentini market, a tour that ITT frequently offers through the MWR. (Above) Lentini's park is home to swans. (Left).

Trivia Answers

- 1) The Dodecanese
- 2) Armed soldiers sprang up
- 3) Siddharta Gautama
- 4) Carrie
- 5) 5 megabytes



Photo by JUDS Canoina, Lentini



Photo by Phil LaneWest

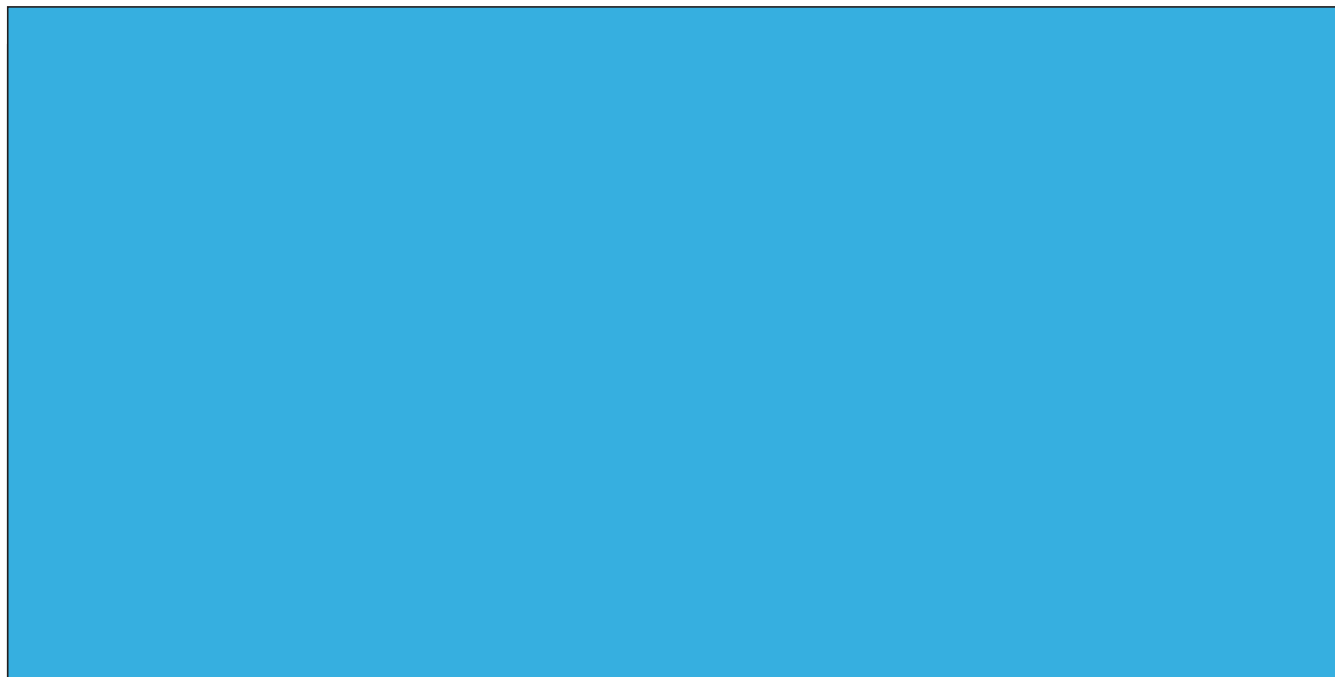
One of the secluded streets of Lentini invites the curious (far left). A local vendor at the Lentini market packages a purchase for a customer (left). This particular vendor sells seafood, as evidenced by the large cross section of fish at left. The Lentini market offers a large selection of clothing items, linens, fresh and prepared foods, as well as other sundry items. Local shoppers at the Lentini market select fresh fruit during their shopping expedition (bottom left). The market offers many types of pears, peaches, melons, grapes, apples, and other fruits indigenous to the area. A vendor proudly displays his wares of sweets at a site at the Lentini market (bottom). Virtually anything can be found at the market, including clothing, jewelry, home decor items, cleaning supplies, and shoes, to name a few. The market is open daily, except Sunday, and closes for riposa.



Photo by Phil LaneWest



Photo by Phil LaneWest



A case of a lot to sell

By Lt. j.g. John Ferrari
Staff Writer



Nancy and SK1(SW) Frank Crisanto shop during the Third Annual Case Lot Sale Sept. 20. More than 8,000 cases of cut-price were available at Sigonella's commissary.

Test from page 1

The commissary hosts the third annual case-lot sale, Sigonellans save money

By JO1 Craig Coleman
Staff Writer

The Defense Commissary Agency (DeCA) likes to do things in a big way. The agency operates a worldwide chain of nearly 280 commissaries to provide groceries to U.S. military personnel, retirees and their families. When it offers a sale the savings are worldwide. Here in Sigonella, our local commissary joined all the others last week in hosting the Third Annual Case Lot Sale, during which 8,000 cases of items were sold a far below commercial prices.

According to Phil Ruiz, Sigonella DeCA Commissary Officer, grocery industry representatives combine their efforts to make a sale this big happen. "The industry picks this time of year to reduce prices to create a little excitement," he said. "September is a good time because school is back in session and there is still a lot of time before the holidays begin."

The commissary offered all 85 case lot sale items available in Europe. The grocery list included items ranging from peanut butter to dog food. Customers perused the open space between the produce section and the cash registers, finding all manner of household necessities. "We got a couple of new things," said SK1(SW) Frank Crisanto of COMSTA. "Otherwise we bought pretty much everything we ordinarily buy." Crisanto added that he had saved approximately 35 percent on sale items.

If every item in the sale was sold commissary shoppers could save up to \$25,000.

DeCA has sponsored fewer case lot sales in the past few years, according to Ruiz, preferring to pass everyday savings on to its customers. "Vendors have reduced some prices by 30 percent below what is charged commercially in the States," Ruiz said.

The case lot sale was also held in the Mineo commissary, where 20 items were available.



DTSN Flasnck ponders an exam question as she works towards advancement for E-4. She was in the company of over 300 other Sailors testing to become 3rd class petty officers. The exam was given on Sept. 18, 2003.

of nervousness varied, there was an almost universal sense of relief once the Sailors finished the exam.

"I'm very glad it's over, I hope I won't have to take another exam until the second class test," said Holz.

"I feel like Whitney Houston in Waiting to Exhale, I can breathe a sigh of relief now, especially if I passed," said Mahone.

Krannitz said he's looking forward to the added responsibility of the rank he may earn from this exam. "I'm happy, I can relax now," he said. "I'm just ready to take on more responsibility, more responsibility is good. It brings out more in yourself."

AMAN Andrea Dubus from HC-4 said she appreciates the testing experience.

"It definitely gave me experience in case I have to take the test again," she said. "If I pass that's great, but if not, I know what taking the test is like now."

"It's just a waiting game now," she said. booklets are closed, pencils down. Seamen, Airmen and Firemen returned to their normal work places. Elsewhere, the results of careful study and preparation await a grade and a decision. Some of the Sailors will earn the privilege of wearing a chevron and a crow on their sleeve. Now, it's just a matter of time.



Photo by P-11 JaneWest

NEPMU-7 from page 1



Cmdr. Daizo Kobayashi, a department head at NEPMU 7, uses a microscope to identify insect species in the entomology department at NEPMU 7. Certain species of insects carry different diseases. A disease affecting canines around Sigonella called leishmaniasis, is carried by insects like the sandfly. NEPMU 7 works to assess and prevent these diseases.

assessment department head. Throughout history, he notes, more wartime casualties have been caused by disease and non-combat injuries than by combat. "Preventive medicine is regarded as a force multiplier," Claggett says – preventive medicine can keep a force healthy and give it the edge it needs to prevail in battle.

With four departments – threat assessment, deployment readiness and laboratory services, operations, and administration – NEPMU-7 provides the 6th Fleet with preventive medicine services ranging from the ordinary to the extraordinary. "It's difficult to describe all the things we do," Claggett says. "There are times when half the unit will be gone."

Among the more routine assignments tasked to NEPMU-7: the unit's entomologist and preventive medical technicians provide de-rat certifications for ships returning to the United States from the 6th Fleet's area of responsibility. NEPMU-7's industrial hygienists assess workspaces for heat and noise levels, as well as the presence of hazardous materials such as asbestos, while environmental health officers handle food-safety issues.

In the threat assessment department, Claggett scans DNCI data compiled weekly by each unit in the 6th Fleet, searching for health problems

as diverse as heat prostration and outbreaks of the flu. He also reviews exercise plans to ensure that they meet health requirements – everything from the water supply to food storage facilities must be taken into consideration. "Some people will actually plan to house people on what are basically toxic waste sites," Claggett says. "It's my job to bring that to their attention and suggest an alternative."

Claggett carried out one of the unit's more extraordinary tasks in July, when he deployed to Monrovia, Liberia, as part of EUCOM's Humanitarian Assistance Survey Team (HAST). "The whole team's mission was to identify what the United States government could do to improve the situation in Monrovia," Claggett explains.

The team's medical provider and public health consultant, Claggett was responsible for the health of the 30-member HAST and assessing conditions in and around the Liberian capitol. Deploying with just 12 hours' notice, Claggett grabbed two bags of medical supplies and headed out. After surveying the region's water and electricity supplies, medical facilities and sanitation infrastructure, he came to a simple conclusion: "Their conditions were pretty sad."

"Because of fighting and instability," relief organizations and other nongovernmental organizations (NGOs) couldn't effectively help the area's refugees. At one refugee camp, Claggett recalls, "the refugees were foraging in the forest for cassava root, and that's not a good diet." Sanitary facilities in the camps were almost nonexistent.

By the end of the HAST's 16-day mission in Liberia, Claggett had formulated his conclusions. "The first thing [they need] is security so the NGOs can go out and do their thing," he says, adding that clean water, sanitation facilities and public health education are also top priorities for the area.

Claggett says his time in Liberia gave him a renewed appreciation for conditions in the United States – and for the importance of preventive medicine. "Preventive medicine," he explains, "can make the difference between winning and losing."

Exercise from page 1



Members of Naval Air Station Sigonella's Crash, Fire and Rescue tend to a volunteer posing as a victim of a simulated Weapons of Mass Destruction (WMD) terrorist incident in the NEX parking lot on NAS I of NAS Sigonella.

possibly spread the effects of the chemical agent, and to make sure they were treated. They also cordoned off the area to prevent others from accessing the scene. Bomb sniffing dogs located a second device before it could explode.

"What we're doing here is allowing different teams and different groups who have specialized knowledge, rolls and missions to come together in a formal environment," said Cort Coghill, exercise coordinator. "And take some time out of NASSIG's day to put those specialized skills to work. Our biggest focus is seeing how they come together as one unit."

"This was a culmination of a series of seven components to the CBREFR project where they have been doing planning, training, tabletop exercises and now this was the full muddy boots field exercise," said Mary Doak, project officer for the CBREFR project and exercise director for the Chemical FTX. "The purpose was to validate NASSIG's WMD response annex and checklists."

"This has been a 14-month program," said Doak. "We started in July of 2002, and this is the final step

in that process. Getting everybody training, planning, doing tabletop exercises...we were here back in the last week in June to do a chemical tabletop exercise and a bio tabletop exercise."

Sigonella is one of two Naval Forces Europe (NAVEUR) bases to take part in all parts of the exercise. "We have done some parts of the program at 17 naval bases," said Doak. "I think 14 have gone through all parts of the program. We've done three bases in Japan, we did the training in Gaeta and La Maddalena."

The exercise went well and exposed areas that the emergency responders need to shore up, such as weaknesses in using their new equipment. It also gives them something invaluable – preparedness. "We watch [the major news networks] and we see there are a lot of people out there doing a lot of things that probably we

hadn't thought of or looked at or expected," said Coghill. "Probably one of the biggest keys to preventing these types of incidents is preparedness. Bottom line, what we're looking at giving these people is an actual formal environment to exercise that preparedness so that we are ready if a tragic event does occur."

The exercise also gave exposure to the volunteers who posed as victims of the chemical release. "It gives them an idea what to expect if we were to have a terrorist attack," said BM2 Edward Williams, who posed as a victim. The volunteers gave outstanding performances worthy of awards, but this was what was needed from them. They were briefed to "be as realistic as possible performance wise, to show enthusiasm," said Williams. "Showing how the situation can be real, and what steps you need to take in order to make this an effective evolution."

"We had a real good showing, we're pretty happy with that," said Coghill. "Real help from the community...wanting to help us be better prepared in the end to protect them and their families. The team effort goes much more beyond the first responders, it goes all the way into the community. By being here and allowing us to take some of their time, it exposes them to, and allows us to do, [the exercise]."

Training for a real incident is very beneficial, and NASSIG learned a lot. "If it's between flailing around when the real thing happens and getting out here and being uncomfortable, confused and little frustrated by a training evolution, I would rather train," said Lt. Cmdr. Timothy Huber, the on-scene physician for the exercise.

"I think NASSIG learned a lot," said Doak. "I think it's a very good exercise for them. I think they found something that they need to fix and I think they found some things that they do really well."

Doak said the reaction to the trainings have been well received. "[The reactions have been] very positive and the reason I say that is we now have NAVEUR asking us to do more bases," Doak said. "So I think it's proof in the pudding that it's working."